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**245.25****Family Planning Services****Overview**

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**Introduction** Pregnant and postpartum women participating in the Iowa WIC Program have a high incidence of short intervals between pregnancies. Referrals for family planning services are strongly encouraged to help women plan subsequent pregnancies when they are physically and emotionally prepared. This policy provides information about family planning services to facilitate referrals.

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**Referral sources** Family planning services or contraceptives are available from:

- Primary care providers (including OB/GYN), and
- Family planning programs funded through the Iowa Department of Public Health and the Family Planning Council of Iowa (also referred to as Title X Family Planning Programs).

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**In this policy** This policy contains the following topics.

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## Title X Family Planning Services

<b>Eligibility for services</b>	<p>The Title X Family Planning programs:</p> <ul style="list-style-type: none"> <li>• Serve everyone who accesses services regardless of race, color, national origin, sex, age, or disability;</li> <li>• Provide services at no charge to individuals with incomes &lt;100 percent of the federal poverty guidelines;</li> <li>• Provide services on a sliding fee scale for individuals with incomes between 100-250 percent of the federal poverty guidelines; and</li> <li>• Cannot deny program services or subject clients to any variation in the quality of services because of inability to pay.</li> </ul>
<b>Title X services</b>	<p>Title X family planning services offer an array of voluntary and confidential services, including:</p> <ul style="list-style-type: none"> <li>• Education and counseling about reproductive health and reproductive life planning</li> <li>• Education and counseling about abstinence</li> <li>• Education about how to resist coercive sexual activity</li> <li>• Risk assessment for HIV and sexually transmitted diseases, education about safer sex practices</li> <li>• Physical examinations</li> <li>• Testing and treatment for sexually transmitted diseases</li> <li>• Nutrition and other lifestyle risk assessments</li> <li>• Breast examinations and teaching about breast self-exams when requested</li> <li>• Contraceptive supplies, including diaphragms, condoms (male and female), pills, patch, vaginal rings, Depo Provera shot, implant in arm (Nexplanon), intrauterine devices (Mirena, ParaGard, and others) and emergency contraceptives</li> <li>• Pap smears and follow-up</li> <li>• Pregnancy tests</li> <li>• Education and counseling about natural family planning</li> <li>• Encouragement to talk to family or parents about using contraceptive services</li> <li>• Male exams and education about self-testicular exams when requested</li> </ul>
<b>List of programs</b>	<p>Call the Healthy Families Line at 1-800-369-2229 to locate a clinic near a client. Alternatively, go to <a href="https://idph.iowa.gov/family-health/family-planning">https://idph.iowa.gov/family-health/family-planning</a>.</p>

## Sources of Payment for Title X Family Planning Services

**Introduction** Family planning services provided by Title X programs are covered by several payment sources.

**Public funds** The table below describes the sources of payment from public funds.

Program	Description
Title XIX (Medicaid)	<ul style="list-style-type: none"> <li>Full health services including family planning services for non-pregnant women participating in the Family Investment Program (FIP)</li> <li>Family planning services for the first 1 year postpartum for any woman whose pregnancy was covered by Medicaid (they should be automatically enrolled)</li> </ul>
State Family Planning Program	<ul style="list-style-type: none"> <li>Family planning services for 1 year postpartum without eligibility re-determination for any woman whose delivery was covered by Medicaid (this should be an automatic enrollment)</li> <li>Family planning services for non-pregnant persons ages 12-54 years whose income is ≤300 percent of federal poverty guidelines, and persons who are underinsured for family planning services</li> </ul>
<i>hawk-i</i>	<ul style="list-style-type: none"> <li>Reproductive health services up to 19 years of age</li> </ul> <p><u>Note:</u> <i>hawk-i</i> does not ensure the confidentiality of adolescents.</p>

Note: FIP is Iowa's Temporary Assistance for Needy Families program.

**Private insurance** Family planning programs can bill private insurance for services when those services are included in the benefit plan. Any difference between the insurance payment and actual cost will be billed to the client on a sliding fee scale.

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## Sources of Payment for Title X Family Planning Services, Continued

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**Client fees**

Clients who are ineligible for Title XIX, *hawk-i* or who do not have private insurance will be billed for services on a sliding fee scale if their income is between 100-250 percent of the federal poverty guidelines. Clients cannot be charged for services if their income is at or below 100 percent of the guidelines.

Clients with incomes at or above 250 percent of the federal poverty guidelines who do not have private insurance will be billed for services at the full charge.

Fees can be waived for good cause by the director of the Title X family planning clinic.

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## Making Referrals for Family Planning Services

### Introducing topic of family planning

Ask every postpartum participant what decision she has made about family planning, and whether she has discussed it with a physician or other health care provider. This question appears in the Nutrition Interview on the Social Environment panel. This would also be a good time to ask about a reproductive life plan and introduce preconception planning for the next pregnancy.

Note: Be considerate of religious and cultural beliefs about family planning.

### Help make an appointment

If the participant has not made any decisions about family planning, follow these steps.

Step	Action
1	Is the participant interested in information about obtaining family planning services? <ul style="list-style-type: none"> <li>• If <u>yes</u>, offer to make an appointment at a family planning agency while she is at the WIC clinic.</li> <li>• If <u>no</u>, discontinue topic.</li> </ul>
2	Does she want you to make an appointment? <ul style="list-style-type: none"> <li>• If <u>yes</u>, telephone the family planning agency to make an appointment.</li> <li>• If <u>no</u>, go to step 4.</li> </ul>
3	Were you able to make an appointment? <ul style="list-style-type: none"> <li>• If <u>yes</u>, give her the appointment information.</li> <li>• If <u>no</u>, go to step 4.</li> </ul>
4	Give the participant the name, address and phone number of the local family planning agency.

Note: You cannot identify her as a WIC participant during this phone call. Share the blood test results using a referral form or a nutrition health history card.

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## Making Referrals for Family Planning Services, Continued

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**Information  
needed at the  
appointment**

A copy of the participant's postpartum exam results (including a pap smear and pelvic examination) are useful at the time of the appointment. The results may be requested at a later time and the participant will be seen without this information. Encourage her to obtain a copy of the exam results and take it with her to the family planning appointment.

Note: The participant can also request that her health care provider forward these results to the family planning agency.

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**Document  
referrals**

Remember to document any referrals made for family planning services in the data system.

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